

COMPASSION FATIGUE—THE COST OF CARING

SIGNS OF COMPASSION FATIGUE

- Feelings of hopelessness
- Diminished sense of personal accomplishment
- Anger without cause
- Blaming others for your problems
- Depression
- Exhaustion
- Overly high expectations of self and others
- Hypertension
- Low self-esteem
- Inability to feel joy
- Frequent headaches
- Gastrointestinal complaints
- Abuse of alcohol, drugs, sex
- Chronic lateness
- Sleep disturbances
- “Workaholism”
- Inability to feel joy

- Compassion Fatigue is not “burnout”.
- It is a natural reaction to working with traumatized people.
- In some instances, the individual might experience “secondary post-traumatic” stress—the result of absorbing trauma through the eyes and ears of clients/patients.

COPING SKILLS

- ☒ Ask for support from you peers and give it in return

☺ ***Smile and make eye contact with peers***

- ☒ **Talk to others about how they handle stress**



Use humor to reduce tension

- ☒ Give comfort through physical contact.



Request help when needed

PREVENTION OF COMPASSION FATIGUE	<ul style="list-style-type: none"> ☑ Let go of idealism-expect work to be difficult ☑ Schedule regular time off from work ☑ Renounce perfectionism ☑ Join a support group ☑ Re-examine your helping and care giving motivations ☑ Attend to your spiritual and creative life ☑ Remember to have fun ☑ Cultivate loving relationships 	<ul style="list-style-type: none"> ☑ Eat sensibly, exercise regularly, and get plenty of rest ☑ Spend time alone with others in natural settings ☑ Seek help from someone who knows more than you do ☑ Identify what is important and live in a way that reflects it ☑ Identify ways to cope with stress and reconnect with the world outside of work and care giving.
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Tips to Manage Personal Stress

If you don't take care of your body, where are you going to live?

1. Exercise
2. Use relaxation techniques
3. Reduce caffeine
4. Eat healthy
5. Meditate
6. Time management
7. Get enough sleep
8. Simplify
9. Be thankful
10. Play - have fun
11. Set personal goals
12. Say nice things to yourself and others
13. Surrender to change
14. Forgive
15. Seek support
16. Keep a positive attitude